

## ABSTRACT OF THE DISCLOSURE

An individual plastic fastener for coupling together two or more items includes a shortened, cylindrical connector having a first end and a second end, a first disk-shaped cross-member integrally formed onto the first end of the connector and a second disk-shaped cross-member integrally formed onto the second end of the connector. Each of the first and second disk-shaped cross-members include a flat inner surface, a flat outer surface and a rounded side surface. A flat needle is designed for use in dispensing the individual plastic fastener. The needle terminates in a flattened tip and is shaped to define a longitudinally-extending rectangular bore which is dimensioned to receive one of the cross-members of the fastener and a longitudinally-extending slot which is dimensioned to permit the connector to extend therethrough while the cross-member is disposed within the bore.